SUMMER'S ALMOST HERE — TIME TO SLATHER ON THE SPF

HEED ADVICE FROM SOCCER STAR LANDON DONOVAN IN OUR SKINCARE GUIDE. PAGE 17

metro®

BOSTON Wednesday, May 22, 2013 www.metro.us | t:MetroBOS | f:MetroBoston

Arrested. Police nab 34 suspects in an early-morning sweep to curb violence and drugs before summer begins. **'Operation H.'** The sting took place in Roxbury's H-Block, consisting of streets near Humboldt Avenue. **Keeping the peace.** Law enforcement officials say those arrested in the operation rejected a chance at a cease-fire. PAGE 02

Street sweep

Law enforcement officials revealed the names and mug shots of those arrested in the sweep at a press conference yesterday. / NICOLAUS CZARNECKI, METRO

Metal. Jason Newsted can rock without Metallica.

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1 NEWS

Top 3

Trending online at Metro.us

1 London woman blames unemployment on good looks

2 PHOTOS: Devastation caused by Oklahoma tornado

3 Gerard Depardieu: Tsarnaev brothers more American than Chechen

Correction

A story appearing in yesterday's Metro about the residual effects of the Connecticut commuter train crash included the incorrect number of tracks that had to be repaired. Crews worked to repair 2,000 feet of tracks in order to resume service. Metro regrets the error.

Those arrested in sweep rejected cease-fire chance

Police raids. Police arrested dozens of people yesterday as part of a massive sweep to crack down on violence in a Roxbury neighborhood.

Some of the dozens of people arrested during a massive police sweep in Roxbury yesterday morning were offered a chance at a cease-fire and to stop the drug dealing and violence they were allegedly involved in. But they rejected that chance and were rounded up by police instead.

"Last month, well before this morning's sweep, multidisciplinary cease-fire teams from the Boston police engaged many of these defendants in conversation," said Suffolk District Attorney Daniel Conley. "They were offered every service they might need to lay down their arms, renounce their rivalries and stem the flow of illegal drugs … into their neighborhoods. To put it bluntly, they rejected the carrot and [Tuesday] they [got] the stick."

Thirty-four people were arrested yesterday, and more were being sought for arrest after the early-morning raids that were part of a four-month-long investigation authorities dubbed "Operation H." The sweep targeted 75 people in an effort to suppress violence in an area known for gang activity.

The target area was Roxbury's H-Block, consisting of streets near Humboldt Avenue. The investigation included controlled drug buys from more than 60 people, "extensive surveillance" and two months of grand jury testimony, authorities said.

"These individuals were openly dealing illegal drugs and engaged in gun violence, leaving many of the good residents of the neighborhood too afraid to call police or walk the streets near their own homes," said Boston Police Commissioner Ed Davis.

MICHAEL NAUGHTON
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Suffolk District Attorney Daniel Conley speaks about the dozens of arrests that took place during a early morning raid in the H-Block area of Roxbury yesterday. / NICOLAUS CZARNECKI, METRO

Neighborhood violence

Conley said that since the start of the year, there have been three fatal shootings, 17 calls for shots fired and multiple non-fatal shootings in the area being targeted by police.

- "It shouldn't matter whether you live on Boylston Street or Humboldt Avenue. Every person in Boston deserves a safe, stable neighborhood in which to live and raise a family," Conley said.
- Davis said he hopes the arrests will lead to information on unsolved crimes that took place in the area, including the shooting of Gabriel Clarke, 13, while walking to choir practice on Humboldt Avenue in January.

The area known as the H-Block was quiet after the sweep yesterday. NICOLAUS CZARNECKI, METRO

Quoted

These individuals were openly dealing illegal drugs and engaged in gun violence, leaving many of the good residents of the neighborhood too afraid to call police or walk the streets near their own homes. … I think it's really important to [state] that this activity is not acceptable."

Boston Police Commissioner Ed Davis

Online college. EdX adds Berklee, BU to roster

Fifteen new universities from across the world, including two located here in Boston, have joined the nonprofit partnership that offers free online courses from some of the most respected insitutes of higher learning.

EdX announced yesterday that Boston University and the Berklee College of Music have been added to its list of consortium members.

EdX was launched last year by Harvard University and the Massachusetts Institute of Technology and is focused on "transforming online and on-campus learning." MICHAEL NAUGHTON

MBTA death

Man killed by train in Brockton

A 42-year-old man was killed around 2 p.m. yesterday when he was struck by a Middleboro-bound commuter train at Montello Station in Brockton. Transit police said they are investigating the circumstances surrounding the incident. METRO

Bombing trial

Alleged bomber court date pushed back

Alleged Boston Marathon bomber Dzhokhar Tsarnaev will not appear in court until July 2 at the earliest. A judge agreed yesterday to push back a probable cause hearing to July. METRO

Amber Alert

Man held after kidnapping

A Braintree man accused of kidnapping his two children from a foster home Monday was ordered held on $250,000 bond after he fled to Connecticut with them. Jon Lockwood was arrested after a trucker spotted him and the kids. GLOBE

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Road repairs. Massive road work expected this summer across the Hub

Mayor Thomas Menino yesterday announced plans for a $13.75 million overhaul of Boston's roadways and pedestrian ramps this summer.

Crews will repave 45 miles of roadways and repair 1,400 pedestrian ramps. The work is expected to exceed the work done in 2012, which officials called the most productive construction season in a decade.

Overhaulin' / NICOLAUS CZARNECKI, METRO

"Our residents deserve the best roads and sidewalks in their neighborhoods. Not only are clean and safe passages a matter of public safety, they also help support our small businesses," Menino said. "We're looking forward to our best year yet in getting our roadways and pedestrian ramps ready for another great summer in Boston." METRO

Green-ewable

Expo to shed light on energy projects

MassDOT will hold its first energy and innovation exposition today and tomorrow from 10 a.m. to 2 p.m. at the State Transportation Building to offer details on new energy information, initiatives and projects.

The purpose of the expo is to increase public awareness of energy conservation and renewal, and to highlight evolving technologies and groundbreaking research being applied in the sustainable energy field.

Participants can learn about technologies on clean energy development, ongoing initiatives and available resources. METRO

Train trouble

Amtrak back on track after crash

Commuter train service was expected to be restored by today's morning rush hour, five days after a two-train collision injured 70 people and caused massive travel disruptions.

Commuters endured crowded and rerouted rides to work this week, as Metro-North worked to repair 2,000 feet of track on the nation's busiest rail line.

On Friday, a Metro-North passenger train derailed between Fairfield and Bridgeport, Conn., and was struck by another commuter train about 55 miles northeast of New York City. METRO

Drinks and discourse. City council candidate to hold debates at local bars

Talk about a spirited debate.

In the tradition of our founding fathers, at-large city council candidate Shaun Ivers is planning to hold 10 pub-style political debates at Boston's bars.

The first debate is tomorrow night at Slade's Bar & Grill in the South End and is open to local politicians, including mayoral candidates.

Quoted

"If there is one thing 'old school' about Boston, it's that people in this city have a fondness for debate over a frosty pint."

Ivers

Those who finished the marathon before the bombs exploded were given awards at the finish line. / NICOLAUS CZARNECKI, METRO

Thousands to finish final marathon mile

#OneRun. Organizers hope participants will find closure after last month's attack.

Thousands of people will run the final mile of the Boston Marathon Saturday, hell bent on not letting terror tear down their finish line goals.

One Run, which is being promoted online as #OneRun, is set to shut down Kenmore Square around 10 a.m. Saturday so runners of all levels can make their way to the Copley Square finish line.

The noncompetitive run, which is free and does not require registration, has already gained nearly 2,200 RSVPs on its Facebook event page.

According to organizer and runner J. Alain Ferry, who was stopped near Massachusetts Avenue after the April 15 bombs went off, the race is the result of the running community's determination to offer some kind of closure to those affected by the terror attack.

"We hope it will (give) runners and spectators the opportunity to go through the final mile and get back what was taken from them, and bring thousands of people to the Back Bay to spend money at the shops and restaurants that were closed that week."

Jon Ritter-Roderick, another organizer, said he decided to help put together a run almost immediately after the Marathon was cut short.

"We are not concerned about who finishes first, or who finishes last," he said. "Just the show of completing something that was interrupted will be a huge step in the right direction for Boston." Those who wish to help offset the cost of the race can make a tax deductible donation online.

Quoted

"I want to be able to finish my race. It's one of the reasons I'm so passionate about seeing this thing through. We want to finish our marathon."

J. Alain Ferry, a One Run organizer

MORGAN ROUSSEAU
morgan.rousseau@metro.us

Manhunt / NICOLAUS CZARNECKI, METRO

NOVA examines bomber hunt

A new, one-hour NOVA documentary sheds light on how investigators were able to quickly crack the case of the Boston Marathon bombings and track down suspects Tamerlan and Dzhokhar Tsarnaev.

In "Manhunt: Boston Bombers," NOVA follows the hunt for the suspects and examines the subsequent investigation conducted by city, state and national law enforcement.

"From robotics to explosives to chemistry to digital and social media, NOVA demonstrates how scientific innovations were involved in this high-stakes, fast-moving criminal investigation," said Paula Apsell, NOVA producer. "Viewers will gain a better understanding of how new technologies might help investigators in the future."

The documentary is set to air next Wednesday night on PBS. METRO/MR

It's time to talk about the elephant in the room...

The future of your community hospital is in danger.

In medicine, every life should be worth the same.

That's why it makes no sense that a few wealthy, high-cost Boston hospitals are charging up to 500% more for the same services that more affordable local providers deliver with the same quality. In fact, some high-cost Boston hospitals have used their non-profit status to accumulate as much as $6 billion in profits and financial reserves while their patients struggle with ever-increasing medical and insurance bills.

Meanwhile, more affordable community and safety net hospitals are being pushed to the brink of closure because of dramatic underpayments by private and public insurance providers. As a result, the high quality health care that you and your family have come to depend on at your community hospital is in danger.

Without a change to how community and safety net hospitals are paid by private insurers and Medicaid, many community hospitals may not survive.

As hospital workers, we're asking the state senate to protect community and safety net hospitals by bringing balance and fairness back to our Medicaid payment system. A budget amendment proposed by the hospital workers of 1199SEIU United Healthcare Workers East would do just that. As frontline caregivers, we're proud to advocate for our patients. That's why we're asking the senate to support a balanced approach that allows every hospital a fair chance to continue providing quality care to residents across Massachusetts.

For more information or to email your state senator in support of community and safety net hospitals, visit SpeakoutForCare.org

1199SEIU
United Healthcare Workers East
Twitter: @1199mass
facebook.com/1199SEIU.mass

Whole neighborhoods razed by tornado that killed 24 people

Oklahoma. Rescuers continued yesterday to pull people from the wreckage caused by the massive tornado that ripped through the region.

Flipped vehicles are piled up outside the heavily damaged Moore Medical Center after a powerful tornado ripped through the area. / GETTY IMAGES

Rescuers went building to building in search of victims, and thousands of survivors were homeless yesterday, a day after a massive tornado tore through a suburb of Oklahoma City, wiping out whole blocks of homes and killing at least 24 people.

Nine children were among the dead, including seven who died at Plaza Towers Elementary School, which took a direct hit in the deadliest tornado to hit the United States in two years. Around 237 people were injured. Cadaver dogs sniffed through the scattered planks and bricks of ruined homes yesterday.

The 2-mile-wide tornado ripped through Moore on the outskirts of Oklahoma City on Monday afternoon, trapping victims beneath the rubble and tossing vehicles about as if they were toys.

On block after block of residential neighborhoods, there was nothing left but mangled debris.

Oklahoma Gov. Mary Fallin said the death toll could rise.

"There may have been bodies that may have been taken to local funeral homes," Fallin said.

The National Guard, firefighters from more than a dozen fire departments and rescuers from other states worked all night under bright spotlights trying to find survivors in the town of 55,000 people.

Plaza Towers Elementary School was one of five schools in the path of the tornado.

"They literally were lifting walls up, and kids were coming out," Oklahoma State Police Sergeant Jeremy Lewis said. "They pulled kids out from under cinder blocks without a scratch on them."

Thunderstorms slowed the rescue effort yesterday and made conditions tough for families left with nothing. **REUTERS**

Survivors

100

Emergency workers pulled more than 100 survivors from the rubble.

Ignorance is bliss

IRS officials deny misleading Congress

Top IRS officials told Congress yesterday they were unaware of the agency's targeting of conservative groups for extra tax scrutiny until recently and did not deliberately mislead lawmakers last year when they did not reveal the practice.

Senators questioned the truthfulness of former IRS Commissioner Douglas Shulman and outgoing acting IRS Chief Steven Miller.

At a Senate Finance Committee hearing, several Democrats tried to turn the focus to the IRS's difficulty in determining whether such groups qualified for tax-exempt status under a law that says they cannot be engaged "primarily" in politics — a loophole they said Congress should pass legislation to close. **REUTERS**

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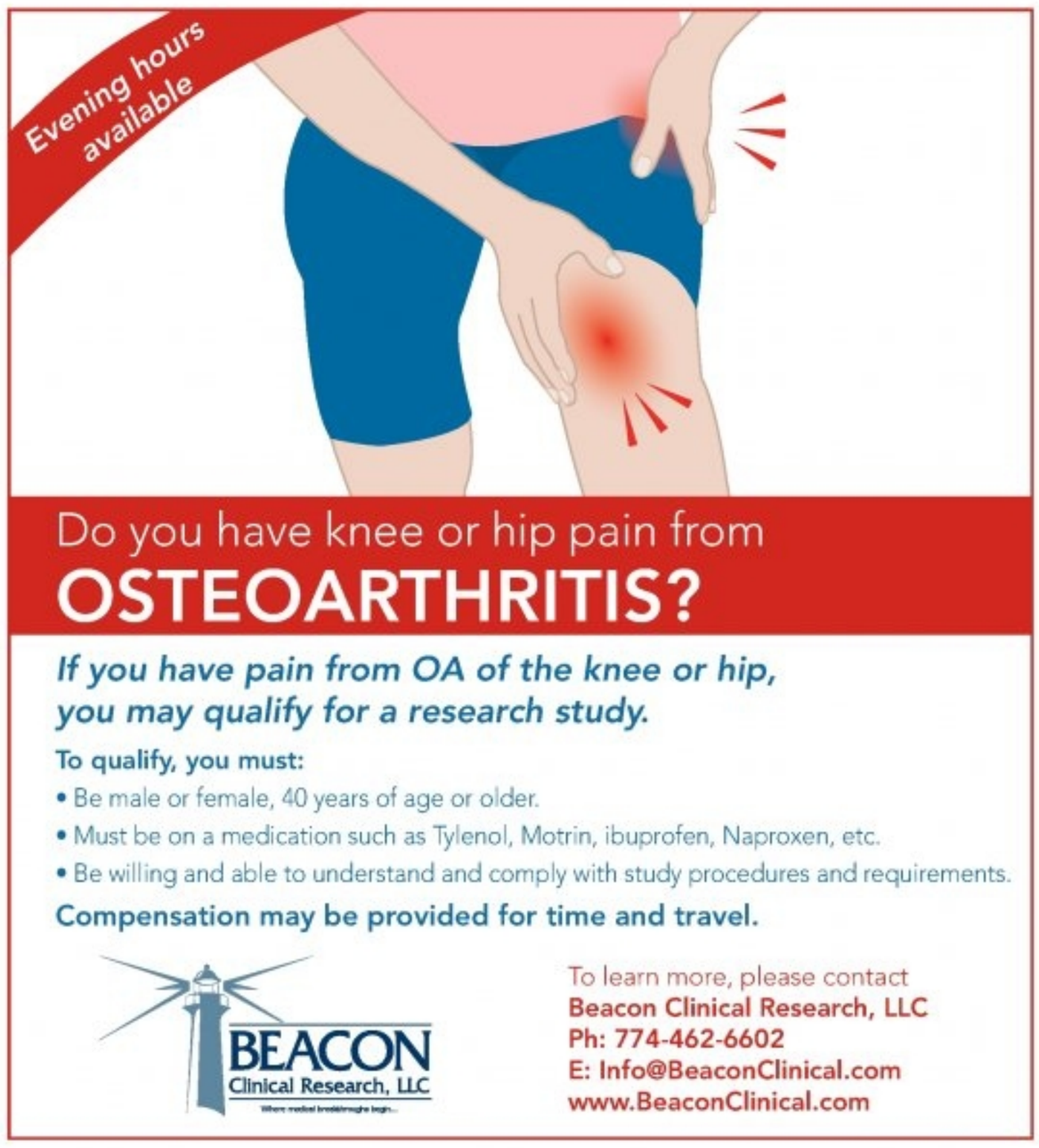
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Taken to the grave

Court: Bin Laden death photos can stay secret

A federal appeals court ruled yesterday that the U.S. government had properly classified top secret more than 50 images of al Qaeda leader Osama bin Laden taken after his death, and that the government did not need to release them.

The unanimous ruling rejected a request for the images by a conservative nonprofit watchdog group. Judicial Watch sued for photographs and video from the May 2011 raid in which U.S. special forces killed bin Laden in Abbottabad, Pakistan, after more than a decade of searching. REUTERS

Photos

50

More than 50 images of bin Laden taken after his death will remain top secret.

Foreign workers

Senators reach deal to ease rules for hiring in the high-tech sector

U.S. senators reached a tentative deal with tech companies to ease restrictions on hiring foreigners for high-skilled jobs in the Senate's sweeping immigration bill, sources said yesterday.

For about a week, senators on the panel have been in negotiations with each other and with the AFL-CIO union and tech company officials over limits imposed for hiring high-tech workers from abroad. REUTERS

Senate panel peels back Apple's taxes

iLoophole. Lawmakers cast a scathing eye upon the tech giant's offshore tax practices.

Apple Inc.'s chief executive officer defended the company's tax record yesterday at a Senate hearing where lawmakers said the company kept billions of dollars in profits in Irish subsidiaries to avoid U.S. taxes.

The hearing marked another foray by the Senate's most powerful investigative committee into corporate offshore tax avoidance, which is increasingly a target of many governments.

Sen. Carl Levin, who has led several probes into offshore tax issues as chairman of the Permanent Subcommittee on Investigations, said Apple shifted billions of dollars in profits offshore to avoid U.S. taxes on a massive scale.

Photographers take iPhone photos of Tim Cook, CEO of Apple, during a break in the hearing. / GETTY IMAGES

Quoted

"We don't depend on gimmicks. ... We don't stash money on some Caribbean island." Cook

In 2012 alone, Levin said, Apple avoided paying $9 billion in U.S. taxes.

Apple CEO Tim Cook said that his company was a major U.S. taxpayer, handing over nearly $6 billion in cash to the federal government in 2012. REUTERS

Blame game

Ireland rejects blame for Apple's low tax rate

Ireland said yesterday it was not to blame for Apple Inc.'s low global tax payments and had no special rate deal with the company after the U.S. Senate said it paid little or no tax on tens of billions of dollars in profits stashed in Irish subsidiaries.

The Irish government, which has seen the luring of U.S. multinationals with low taxes as a key part of its economic policy since the 1960s, said its system was transparent and other countries were responsible if the tax rate paid by Apple was too low.

"They are issues that arise from the taxation systems in other jurisdictions, and that is an issue that has to be addressed first of all in those jurisdictions," deputy prime minister Eamon Gilmore said. REUTERS

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Anna Kendrick can't sleep and doesn't think you should either, Zachary Quinto is just going where they take him, Roseanne Barr is not a "Two and a Half Men" fan and Joss Whedon likes his privacy.

@AnnaKendrick47: Wake up and play with me America!!!

@ZacharyQuinto: literally just going where they take me.

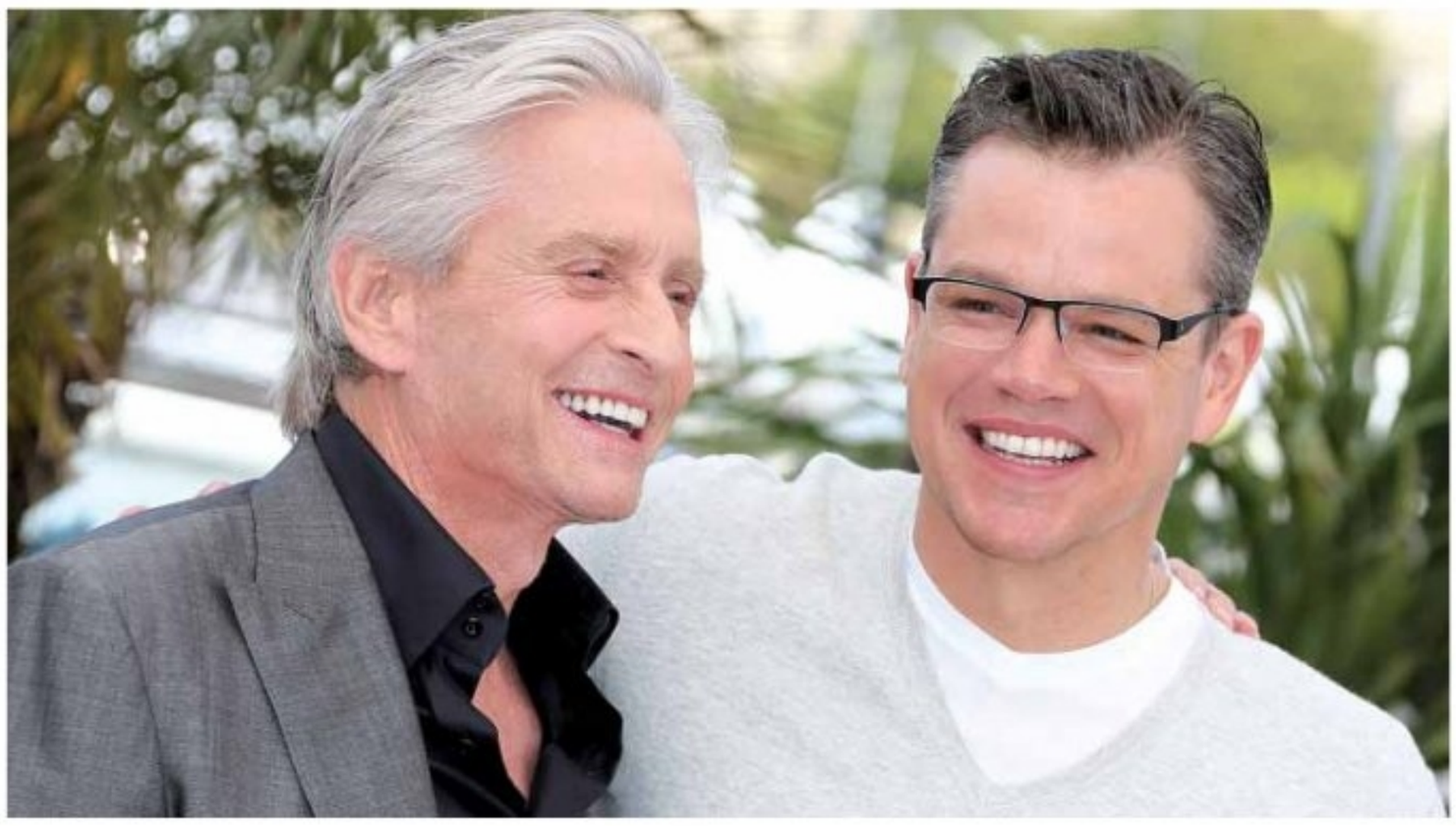
@TheRealRoseanne: i am thinking of the satanic presence of chuck lorre and how it is sucking all of the creativity of persons with souls from hollywood realm

@JossActual: Fans, thanks but I will never be comfortable with people calling me a "God". I would prefer you to call me a Muhammad and then NOT DRAW ME.

Jones' baby daddy is still a secret

January Jones is not going to reveal the identity of her infant son's father, so stop asking. At least that's a lesson the New York Times learned recently while interviewing the "Mad Men" star. "That's my son's business. It's not the public's business," she responded. Jones apparently got the notion to keep the press at arm's length from a famous pal. "Jack Nicholson once told me, 'You should never give your personal life away, otherwise people will pick you apart. They'll never believe in your character,'" Jones explained, adding: "Women should have lots of secrets. It's our right to have secrets. Otherwise, what would we write in our memoirs?"

I can't wait in six years when we've totally forgotten about her and her memoir comes out and we're all like: Yawn.



Damon and Douglas stand arm-in-arm in Cannes

Michael Douglas and Matt Damon were all smiles at the "Behind The Candelabra" photo call yesterday during the 66th annual Cannes Film Festival in Cannes, France. "Candelabra" premieres this Sunday at 9 p.m. on HBO.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Does Brad Pitt suffer from face blindness?

Plenty of Hollywood stars probably have trouble remembering everyone they meet (because, you know, they meet a lot of people). Brad Pitt, however, thinks his poor memory might be an actual medical condition. He finds it nearly impossible to remember the faces of anyone he meets, he told Esquire.

"I took one year where I just said, 'This year, I'm just going to cop to it and say to people, "OK, where did we meet?"' But it just got worse. People were more offended. Every now and then, someone will give me context, and I'll say, 'Thank you for helping me.' But I piss more people off," the star says. This causes social anxiety for the star, so he doesn't go out much anymore.

Pitt says he's planning to get tested to find out if his forgetfulness is actually a mental condition called prosopagnosia, or face blindness.

If I were Brad Pitt's doctor, I'd probably look into other, more likely causes of Pitt's forgetfulness (psst: I'm referring to the sticky icky here).

3

Reeves: A most excellent food binge

Keanu Reeves is 48. Dude is allowed to get paunchy in his middle age, which it looks like he's happily doing judging from these photos from Cannes. But if I can ask one thing of my '90s super crush: You gotta keep that in check, my friend. You are much too attractive to let it get to the point of no return. What I'm getting at is, please don't turn into Val Kilmer. Being a man, there is a happy middle ground to growing older gracefully in Hollywood. You don't have to get injected with Human Growth Hormone or get tons of plastic surgery, but you don't have to become red-faced and doughy, either. Just, you know, eat vegetables and exercise. Maybe get Pierce Brosnan's dermatologist and trainer on the phone for a quick chat. Rage against the Val Kilmer (inset) light, Keanu! Come back to us!

Mid-life crises aren't just for men anymore

Theater. "Rapture, Blister, Burn" explores lady problems (no, not those lady problems).

Can women really have it all? "Rapture, Blister, Burn" suggests a surprising — and likely unpopular — answer to that enduring question: maybe not.

This play is all about the women. Catherine is a successful academic with a lonely personal life. Catherine's college friend Gwen, conversely, is married and saddled with a couple of kids. Both 40-something women are experiencing the female version of a mid-life crisis.

"This play is about how our expectations, things that seem good on paper, turn out differently in real life," says Kate Shindle, who plays Catherine. "A lot of people say this is a play about feminism, but it's not really. That just happens to be the context for telling this story."

The four lead female characters — including Catherine's mom and Gwen's babysitter — represent three generations and varying perspectives on gender roles. Shindle empathizes with Catherine most.

"She's very similar to me, in many ways," she says. "She thinks things through before feeling them. She could give you a long talk about how relationships between men and women play out and why, but she doesn't know as much as she thinks she does."

Despite all the discussion on feminist theory, Shindle says the show is a comedy, not an education: "It sounds heavy, but it's pretty funny," she explains. Both Catherine and Gwen go to ludicrous lengths to try to undo their life decisions. "It all leads to some pretty ridiculous comedic situations."

NORA DUNNE
letters@metro.us

If you go

'Rapture, Blister, Burn'

Friday through June 22
Calderwood Pavilion at the BCA
527 Tremont St., Boston
$15-$80, 617-266-0800
www.huntingtontheatre.org

From left, Kate Shindle, Nancy E. Carroll, Annie McNamara and Shannon Esper have got issues. / PAUL MAROTTA

TV watch list

COMEDY

'Modern Family'

In the Season 4 finale, Phil's mother has a weird dying wish and Cam befriends old ladies in a retirement home. We just wonder how long this show can go on before their family no longer qualifies as modern. **SEASON FINALE, 9 P.M., ABC**

REALITY

'Only in America with Larry the Cable Guy'

Hold up, Larry the Cable Guy has a show on the History Channel?? **9 P.M., HISTORY**

Larry the Cable Guy, seen here on Leno, apparently has a show of his own. / NBC, NBCU PHOTO BANK

REALITY

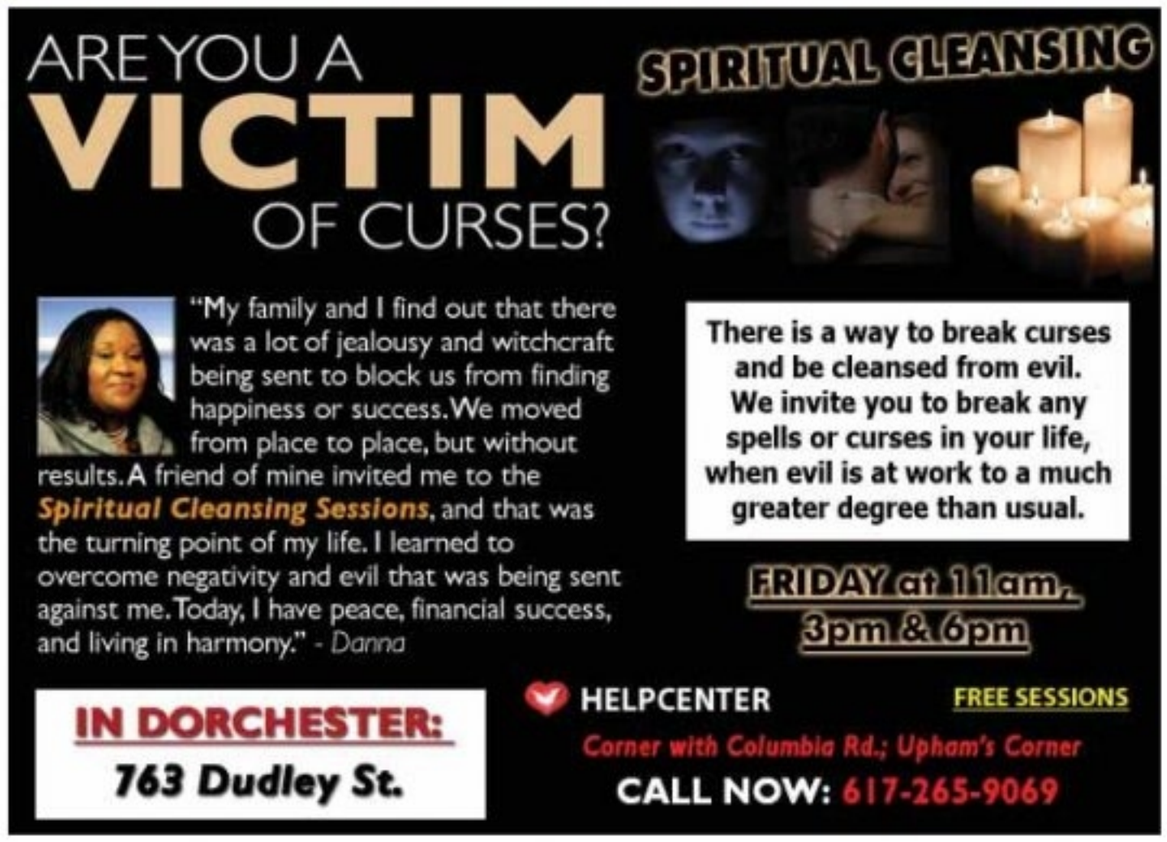
'The Real World Portland'

This cast is so boring that the biggest drama in this episode revolves around one roommate feeding another's dog too much. These kids are wild! **10 P.M., MTV**

EDUCATIONAL

'Breaking Amish: Brave New World – Secrets Revealed'

We wonder what the secrets are in this show about Amish youth who break from the fold so that they can enjoy iPhones and alcohol (among other pleasures). Maybe how awesome it turns out that iPhones and alcohol are? **8 P.M., TLC. ALEXANDRA CAVALLO**


ARE YOU A VICTIM OF CURSES?
SPIRITUAL CLEANSING
"My family and I find out that there was a lot of jealousy and witchcraft being sent to block us from finding happiness or success. We moved from place to place, but without results. A friend of mine invited me to the Spiritual Cleansing Sessions, and that was the turning point of my life. I learned to overcome negativity and evil that was being sent against me. Today, I have peace, financial success, and living in harmony." - Danna
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... And justice for Jason Newsted

'Metal' health. Former Metallica bassist Jason Newsted is ready to stand on his own two feet.

From Metallica to good old-fashioned "Metal," Jason Newsted has pared down his approach. / FRAN STRINE

Though Jason Newsted has popped up in a few notable projects since quitting Metallica in 2001, his new band is all about him.

"It's a big deal," he says. "There's a few different hats I'm taking on: I'm the frontman, it's my songs, it's my voice."

It's also his name. In the tradition of Van Halen, Santana or even Bon Jovi, the name of the band is the same as the name of the man. This is a bigger commitment than playing with Ozzy Osbourne or participating in Dave Navarro's made-for-reality-TV band, Rock Star Supernova, and the bassist seems acutely aware of that.

"It's nervous excitement," he says. "It's a giant challenge."

Newsted formed six months ago when the band's namesake started writing songs with guitarist Jessie Farnsworth and drummer Jesus Mendez Jr., and they recorded a thrashy four-song EP as tight and terse as its title: "Metal." In February, Staind guitarist Mike Mushok joined and, though we couldn't get the band's leader to reveal its title, a full-length album is ready for release by fall.

Through summer, Newsted has 70 gigs worldwide, including in England at the 100 Club and the Download Festival, the same two places he played in 1987, launching his first full-length album with Metallica, "... And Justice For All."

"I did retire from the big thing so I could do what I want with my life. Jumping back into it is different from what I planned to do, but you have to create challenges when you have all the time in the world. This is the biggest that I've created for myself in a long time."

Quoted

"It's a big deal. There's a few different hats I'm taking on: I'm the frontman, it's my songs, it's my voice."

Jason Newsted, on his new band, Newsted

If you go

Newsted

With Wilson
Tonight at 7
Middle East Downstairs
480 Mass. Ave., Cambridge
$25, 18+, 617-864-3278
www.mideastclub.com

Metallica memories

'Full-on dedicated'

Quitting Metallica wasn't easy for Newsted. But Metallica — driven and ambitious, but stung by the loss of original bassist Cliff Burton, whom Newsted replaced — was never an easy band to be in.

"I am the man who had to step up and make that decision for EVERYONE," Newsted emphasizes of his decision to leave in 2001. "It was me that suffered the most. It was me that made the giant sacrifice. It was a horrible, hard decision. I still, every couple of days, think about it even now. I was the first one into the show and the last one out. I wore a Metallica T-shirt onstage every night. I flew my colors, I was full-on dedicated."

LINDA LABAN
linda.laban@metro.us

In 'Coppelia,' tricky footwork is child's play

Following a spectacular penultimate production of "Chroma," Boston Ballet closes its 2012-13 season with the classic Balanchine piece "Coppelia." The ballet, which only made its Boston debut in 2010, is performed by Mikko Nissinen's dancers with admirable ease and familiarity.

"Coppelia" tells the story of a playful prank gone awry, leaving a man in heartache. Lovable and gullible Franz (Joseph Gatti) becomes infatuated with Coppelia, a life-sized doll created by town inventor Dr. Coppelius (Robert Kretz). The cast-aside object of his desire, Swanhilda (Kathleen Breen Combes), dons Coppelia's clothing and tricks the love-struck young doctor into believing that a magic spell has brought his beloved doll to life. Meanwhile, Franz is too addled by both love and drink to realize what is happening.

It is a delight to watch Breen Combes move. She possesses a natural proclivity for storytelling through dance, as is evident in the spunky, playful way she brings Swanhilda/Coppelia to life. This talent was first brought to the stage in her breakout role as one of the stepsisters in "Cinderella" (2008). Her energy is contagious. Every dancer brings 100 percent to the stage — from Dr. Coppelius's rickety walk to the mechanical movements of the other dolls in his attic. Not one performer misses a beat — including the Boston Ballet students who feature in Act II — despite the considerable theatrics and tricky footwork this production demands.

A great ballet for children and adults alike, the storyline is easy to follow and is marked by a fair bit of humor — which is sure to make it a Boston Ballet repertory favorite for years to come.

KATRINA LALLIER

If you go

Boston Ballet presents 'Coppelia'

Through Sunday
Opera House
539 Washington St., Boston
$39-$142, 617-695-6950
www.bostonballet.org

Misa Kuranaga and Boyko Dossev dance in the alternate cast. / ROSALIE O'CONNOR

You can call French Montana the 'Shot Caller'

Hip-hop. French Montana pulls in some ringers for his debut. He's not ashamed. He asks, "Wouldn't you?"

For French Montana, having one of the most anticipated hip-hop albums of the year was all part of the plan. Starting out with his own series of DVDs, the Moroccan-born, Bronx-bred rapper mixed artist interviews from the heavyweights in the game to garner attention for his own music. And it worked. That street buzz, along with a heavy Internet presence (and a couple of hits like "Shot Caller" and "Pop That") made him one of the most sought after MCs. It was also enough for both Diddy and Rick Ross to sign on to executive produce his debut album, "Excuse My French," which comes out on Tuesday. Montana counts himself lucky to have such mentors, especially since he believes it's good business built on great relationships.

"If you could have Michael Jordan and Pat Riley coach you, why wouldn't you?" he explains. "Puff is like No. 1 in the Forbes [Magazine list]. Guys like him and Ross don't move for money. They have to have love for you. That's all I wanted: someone that had love and cares about my music as much as I care about it."

The love for French doesn't end with Ross and Diddy.

The featured lineup for "Excuse My French" is filled with the genre's A-List. Snoop, Lil Wayne, Ne-Yo, Drake, Nicki Minaj, The Weeknd and Scarface all make appearances. But why are hip-hop's hit makers coming out for somebody who had a rep as a troublemaker when he first entered the industry? Montana says the answer is simple.

"I just want to do things to get my mind off the negativity," he says. "I just want to make music and have fun and be around positive people. I feel like they see them [in me] when they were on the come-up."

French Montana's (whose March 1 show at Brighton Music Hall was canceled following a fan's shooting at a Philadelphia show) new album dropped yesterday. www.frenchmontanamusic.com for details. / GETTY IMAGES

G. VALENTINO BALL
letters@metro.us

Quoted

"I just want to do things to get my mind off the negativity. I just want to make music and have fun and be around positive people. I feel like they see them [in me] when they were on the come-up."

French Montana on why so many hip-hop A-listers guested on his debut album

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The products

The gorgeous rows of pristine white houses nestled between calm blue skies and sparkling turquoise waters in the Cycladic islands inspired this summertime decor scheme.

1 Just pretend you're having breakfast on your balcony in Santorini. C.Wonder Ikat Tea For One set, $38, www.cwonder.com

2 Curl up for an island nap. Elisabeth Michael Trellis Hampton pillow, $82,www.overstock.com

3 Give your bathroom a regal upgrade. Happy Chic by Jonathan Adler Elizabeth Shower Curtain, $35, www.jcpenney.com

4 Relax, no one can see spills on this deep blue rug. West Elm Abacus Wool Dhurrie, $50-$749, www.westelm.com

5 Place this gorgeous tube on your dresser or bathroom cabinet and channel your inner Greek goddess. KORRES Greek Yoghurt Nourishing Lip Cooler, $19, www.sephora.com

6 The pretty blue waves of this glass with transfix you, just like Greece's Caldera. Cobalt Watercolor glass, $8 each, www.shopterrain.com

7 Olives, anyone? Crate and Barrel Zigzag platter, $25, www.crateandbarrel.com

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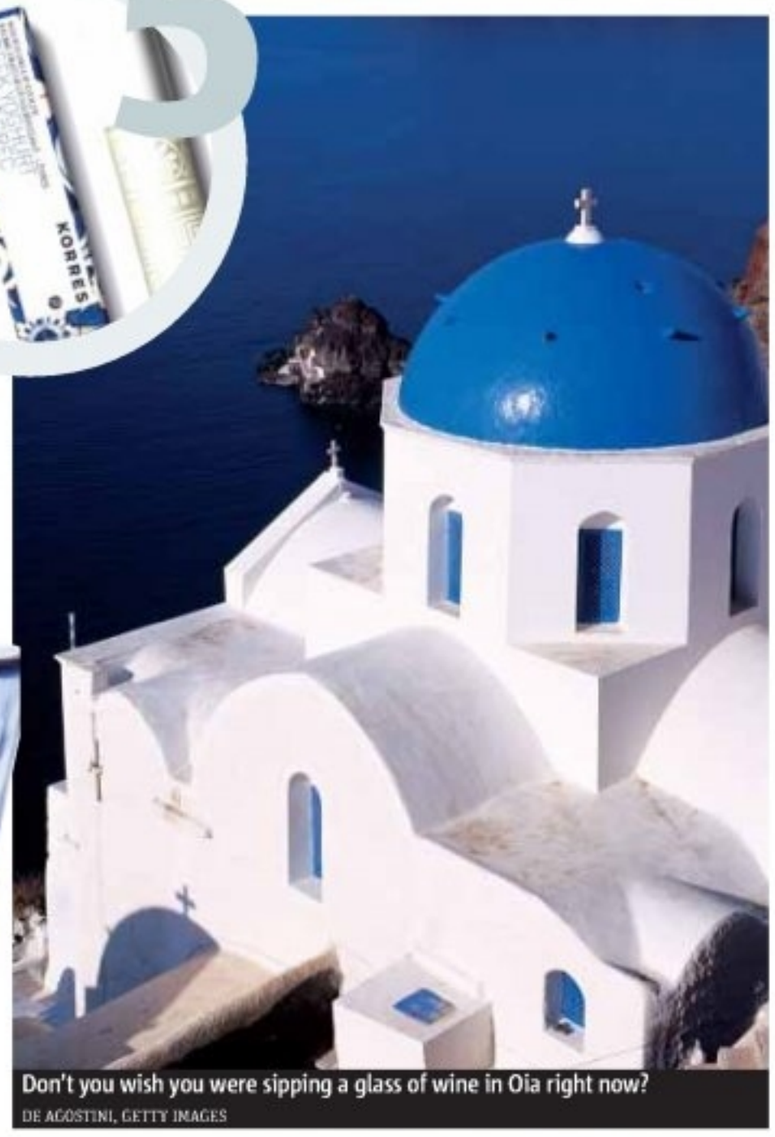

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Is Plum Island one storm away from disappearing?

Home. The island's homeowners struggle to bounce back after a battering winter.

A home pitches into the sea on Plum Island. / GETTY IMAGES

Last March, horrified homeowners on Plum Island fought desperately to save their properties from being swallowed up by the roiling ocean. After being ravaged by weather, many feared that this year-round community — also a destination for vacationers — was one superstorm away from disappearing into the Atlantic.

"The damage was very localized," says Deborah Hamilton, a real estate specialist at RE/MAX on the River in Newburyport. "Depending on where people live, some are getting a little gun-shy. It's only one stretch of the beach physically, but emotionally, the concern is wider."

Hamilton owns a house on the island but says that she feels no immediate danger.

"My property is on a part where a natural sandbar is building. A lot of people are now betting that it will be one of the safest," she says. "Those people who know the area and which parts are affected by the storms are not afraid. It used to be the least desirable part of the island."

Though Plum Island's real estate market is not yet endangered, there are telltale signs that people may be rethinking its sea views. "In April, there were no sales, whereas last year, there were four," Hamilton says. "This year, there were two in March, and last year, there were five."

"People are not leaving in droves," confirms Hamilton. "But there's the perception that the homes were in harm's way then, and that they could be again."

Eroding away

Mother Nature holds the cards

Plum Island is a naturally formed 11-mile-long, half-mile-wide stretch of sand that grew into a barrier island over several thousand years. Beach erosion is a natural ongoing event that many think is now exacerbated and hastened by global warming and rising sea levels. Shoring up Plum Island, whose beaches are in a constant state of erosion and accumulation depending on location, might not help long-term. "We watch the state bring in sand, but is it like using a teaspoon to shovel against the ocean?" says Hamilton. "It's hard to say if anything we do will have any great effect. People are dealing with the short-term impact and just hoping it isn't forever. It all depends on Mother Nature."

LINDA LABAN
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When the Seller Refuses to Sell

By Attorney George Warshaw

In a sellers' market buyers compete for properties. Many properties today are selling for more than the original MLS listing price as sellers receive numerous competing offers, sometimes within minutes.

What happens if a seller gets a better offer after already accepting yours? Whether a seller can legally cancel a sale after accepting an offer often hinges on the smallest of details.

An offer, once accepted, is often considered a binding contract by the courts. The typical GBREB brokerage form of offer used in the Boston area requires the parties sign a full contract – called the purchase and sale agreement – by a specific date and time, with "time being of the essence."

When time is stated to be "of the essence" in a contact, courts take the deadline seriously. If a purchase and sale agreement is not signed by the anointed date and time, it may relieve the seller of the obligation to sell. In other words, a court may consider the contract as having expired and neither the seller nor the buyer is bound to proceed.

While these cases are often contested, one thing is clear: if you are buying a property pay careful attention to the date and time that you must sign the full agreement. Otherwise you may not have anything left to buy. © 2013 George Warshaw.

GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com

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5 Ways to improve the Facebook app

Cellular. Here are some tweaks that can make the most-used mobile app even better.

Have a smartphone? Chances are you use the Facebook app. / MASHABLE

At the beginning of this year, Facebook overtook Google Maps as the most-used mobile app in the U.S. The social network giant also recently introduced a controversial new mobile interface, Facebook Home. Earlier this week, Home hit 1 million downloads. Love it or hate it (or both), Facebook is a cornerstone of the mobile experience.

But being in the spotlight means taking your share of criticism. And if the Facebook app represents our smartphone-centric lives, well, it has a few issues. None of them are deal-breakers, but we love to tinker.

1 Embrace line wrap
Facebook frequently truncates the longer titles of shared content in its mobile News Feed. Instead of making reasonable space for posts that need a little more explanation, Facebook disregards the practically ancient technology of line wrapping in favor of this lazy shortcut. Abbreviating your friends' posts not only makes them instantly less appealing — it makes Facebook's mobile experience noticeably inferior to Facebook on the desktop.

2 Chat head support outside the iOS app
When Mark Zuckerberg revealed Facebook Home for Android, he also showed how chat heads would work — namely, across all apps. Playing a game or scrolling through Instagram? Chat heads can pop in and make communication more fluid. On iOS, however, the little chat bubbles are strictly confined to the Facebook app, and mostly serve to crowd the screen and obscure posts. Alleviating this problem and mimicking Android seems against Apple's modus operandi, but it's something we'd like to see.

3 Load links faster in Safari
If you're running the Facebook app on iOS, you're used to staring at a blank white screen bordered by indifferent blue as Facebook struggles to connect with Safari. It is a cruel screen, and we'd prefer never to see it again.

4 Smoother gestures on pictures
Facebook's photo-viewing has grown more beautiful and intuitive over time. But we still accidentally close photos on a regular basis, and the "double-tap to like" feature from Instagram would be a welcome addition now that the two networks are so intertwined.

Mashable
The Social Media Guide

5. Faster, faster, faster

The perennial truth of the Facebook app: It could stand to be faster. We want to see what friends are up to, but we get tired of sitting at the top the news feed watching a wheel spin. Don't tempt us with the promise of new posts if you can't deliver, Facebook. Increased speed across the entire app would be appreciated.

Trend of the week: Two-tone denim

This spring, denim comes in patched looks that are a little Sixties hippie and a little Nineties grunge (with a touch of Eighties Marty McFly). **KENYA HUNT**

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MiH
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Emily jean, $189, www.shopbop.com

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Jeans, $80, www.zara.com

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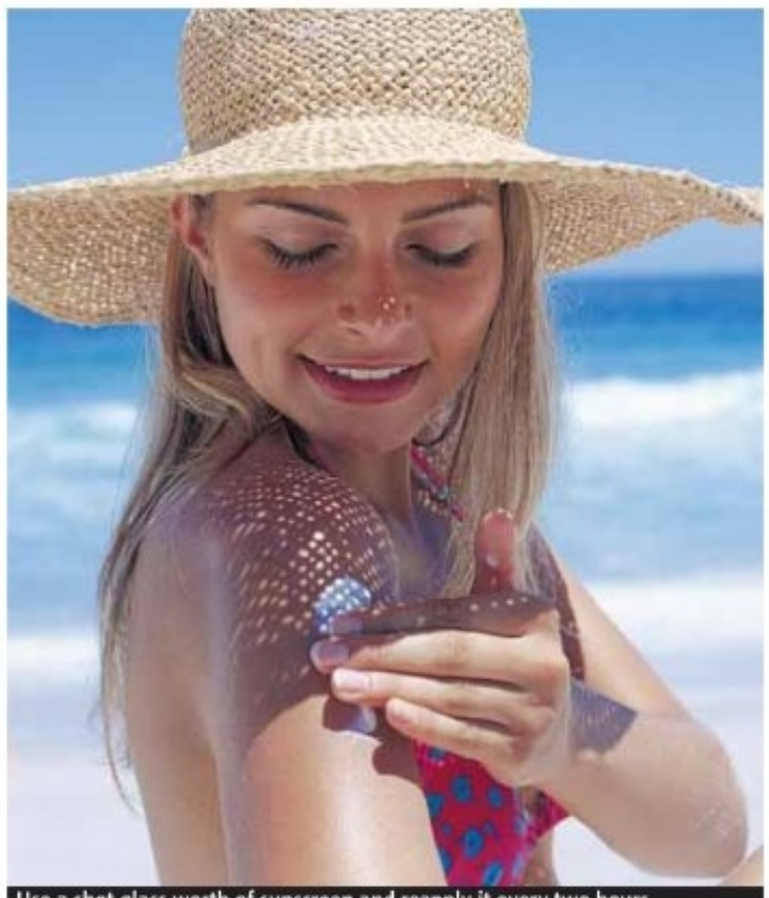

Use a shot glass worth of sunscreen and reapply it every two hours.
GETTY IMAGES, INGRAM PUBLISHING

Summer health. Check your body — and your SPF — to stay safe.

Every year, there are more new cases of skin cancer than breast, prostate, lung and colon cancer combined, according to The Skin Cancer Foundation. We had Dr. Ellen Marmur, a New York-based dermatologist and member of the American Academy of Dermatology, tell us how to stay safe.

The sunscreen rules have changed

"The FDA has made a radical change in sunscreen labeling," Dr. Marmur tells us. "Now, any sunscreen with a SPF of less than 15 has to carry a warning, just like packets of cigarettes." [Ed. note: That applies to sunscreens not labeled "broad spectrum" as well.] She adds: "UV light is a known carcinogen. An SPF of 30 to 50 is now recommended. Sunscreen is essential, but even when using a sunscreen continue to be smart. Stay out of the sun [around 10 a.m. to 3 p.m.]."

The different types of cancer

"Melanoma is the least common, but it's the most serious," Dr. Marmur says. "If you catch it early enough, you're fine. Once melanomas grow deeper, the mortality rate skyrockets. Then, there's basal cell cancer — it looks like a pimple. Squamous cell carcinoma is the most common. It's crusty and darkish red."

What to look for

"Look for the ugly duckling," she says. "If you have a lot of moles or discoloration, look for the one that grows faster. Commonly, it's brown — but if it's red, then it's forming blood vessels. If it's bluish-brown, then it's gone deeper. Check your skin from head to toe."

Seriously, stop tanning

"Tanning beds increase the risk of skin cancers by 75 percent," Dr. Marmur says. "No one should use them."

Redheads — pay attention

A report from BioEssays says that people with pale skin and red hair are at greater risk of cancer because they synthesize a pigment called pheomelanin, which gives red hair its color and is carcinogenic, independent of UV light. If you fit that description, be extra careful about slathering on SPF, tossing on a hat and seeking out shade.

LINDA CLARKE
letters@metro.us

Landon Donovan

My story

"I wasn't always diligent in applying sunscreen. That all changed when my father discovered a bump on his eyelid that turned out to be skin cancer. He was lucky to have caught it early and is now cancer-free. Many men overlook the importance of sun protection. In 2012, The Skin Cancer Foundation found that nearly half of men don't wear sunscreen. So, I've partnered with The Skin Cancer Foundation and the makers of Banana Boat and Hawaiian Tropic sunscreens to educate men. Visit www.sunblunders.com to learn more."

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at askdrmark@metro.us.

SOME HOME REMEDIES YOU SHOULD REALLY AVOID

"Doc, pouring alcohol on a cut will prevent an infection, right?" Wrong! Here are a few of the most common ill-advised home remedies, why they don't work and what you should do to help yourself before seeing a doctor.

Burns and butter: Butter has no medicinal properties whatsoever, and may even contaminate a burn, causing it to become infected. Any burns should initially be treated with cold water or an ice pack. Any first-degree burn (redness) can be treated with ibuprofen or aspirin for pain and inflammation, while second degree burns (blisters) should probably be evaluated by a health care professional.

Nosebleeds and ice, tilting your head back or putting tissues in your nose: Nosebleeds are almost universally caused by breakage of tiny capillaries in the mucous membrane lining of the nasal septum, usually from a picking finger or blunt trauma. Dry mucous membranes from a cold, dehydration or dry air may contribute. Like all bleeding, the immediate treatment is direct pressure to the area — in this case, by blowing out any blood clots, and then pinching the nostrils over the fleshy part of the nose for 8-10 minutes. Ice will only make your nose cold. Tilting your head back will cause you to swallow any blood and induce nausea and vomiting. And sticking tissues or cotton in the nostrils may be a temporary fix, but removing the packing will likely cause re-bleeding.

Cuts and rubbing alcohol or hydrogen peroxide: Hydrogen peroxide, rubbing alcohol and iodine-based antiseptics (betadine) all kill bacteria, but these preparations also kill normal cells and tissue, making the injury worse if applied directly to a wound. Any break in the skin is best treated by flushing it with running water, applying pressure until the bleeding stops and covering the wound with a sterile bandage and antibiotic cream or ointment. If you can see fat or other underlying tissue, then the full thickness of your skin has been cut and you probably need stitches. See a doctor ASAP.

More help

Heat or ice?

Acute musculoskeletal injuries (sprains, bruises) are best treated with intermittent ice and elevation, 20 minutes on and off, in order to reduce swelling and limit disability during the first 24 hours. Heat will increase circulation and may make swelling worse. After 48 hours, heat may improve mobility and accelerate reduction of bruising and swelling.

Use ice, not heat, within the first 24 hours of a sprain or bruise. GETTY IMAGES, FUSE

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Horoscope

♊ Gemini | May 22-June 20. The sting can be taken out distasteful tasks if you use a little ingenuity. Your labor-saving devices might surprise even you.

♋ Cancer | June 21-July 22. Be an attentive listener when friends gather to exchange the latest news. A chance remark could provide some information that will be of special significance.

♌ Leo | July 23-Aug. 22. There's a strong chance that an unexpected disruption in your everyday routine could occur. Fortunately, it will of the welcome variety and will brighten your day considerably.

♍ Virgo | Aug. 23-Sept. 22. Even though you might be set on doing something a certain way, don't ignore a clever idea you get for a more efficient alternative.

♎ Libra | Sept. 23-Oct. 22. An unexpected source could provide something of a windfall. But act quickly -- this opportunity won't stick around for long.

♏ Scorpio | Oct. 23-Nov. 21. A group project is not being handled as efficiently as it could be. The success of the endeavor would benefit immensely if you take over the operation.

♐ Sagittarius | Nov. 22-Dec. 21. Your imagination can be one of your greatest assets when you utilize it in a constructive manner. Once you visualize positive results, they'll begin to happen.

♑ Capricorn | Dec. 22-Jan 20. You are presently in an extremely hopeful cycle, where your expectations have solid chances of being realized.

♒ Aquarius | Jan. 21-Feb 18. Conditions that influence your status, reputation and finances are all trending in your favor. Strike while the iron is hot.

♓ Pisces | Feb. 19-March 20. Unless you're able to do something out of the ordinary, you're likely to be extremely restless. Channel your energies into creative outlets.

♈ Aries | March 21-April 20. If you use your head and play your cards carefully, you could be extremely successful in your commercial dealings. Formulate your strategy and luck will be on your side.

♉ Taurus | April 21-May 21. A number of unusual gains are possible through partnerships with friends. You might want to form several alliances.

BERNICE BEDE OSOL

Letters

No reason to traumatize everyone

Re: "Article shines light into a dark place" (Metro, May 20) I agree 100 percent with your article "There's blood on your labels." However, I completely disagree with letter writers Ananda Whelan and BJ Tillman, who say it was well-done for the shock value and perfectly fine to post anything to the front page of the paper. Ananda Whelan made the comment that it is OK for the children here to see it because the children there do because they live there. The whole point of the article was to point out about conditions in those countries. Subjecting young children here to that is the wrong way to get the point across.

JOHN SCHULTZ, VIA EMAIL

Diaper article a real stinker

Re: "No diaper? No problem, with EC" (Metro, May 21) Your paper is no place to talk about potty training for babies. I found your article on it very repulsive! I'm sure that people who have infants would agree. It stinks!

RICHARD CLIFFORD, VIA EMAIL

Look first to yourself

Re: "Obama to grads: Be responsible for others" (Metro, May 20) I beg to differ with President Obama's speech on being responsible for others. The graduates are responsible for their own destinies and how they apply themselves in life. It's voluntary to help others because it's a noble thing. It is not selfish to motivate yourself. That is what independence entails: to be self-sufficient and overcome obstacles. Yes, there are troubled neighborhoods — but erratic environments do not dictate who you are or the way you live your life.

TYRONE JONES, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

		6			8			1
			6	3			9	
		7			5		2	
		1	8	6			5	
		9	2		3	7		
	6			9	7	8		
	9		3			2		
	8			2	6			
3			7			4		

		5		7	3			8
				2			6	9
2	8					7		
	1		5		9			
4			2		8			3
			7		4		2	
		3					8	5
9	2			5				
5			3	8		1		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

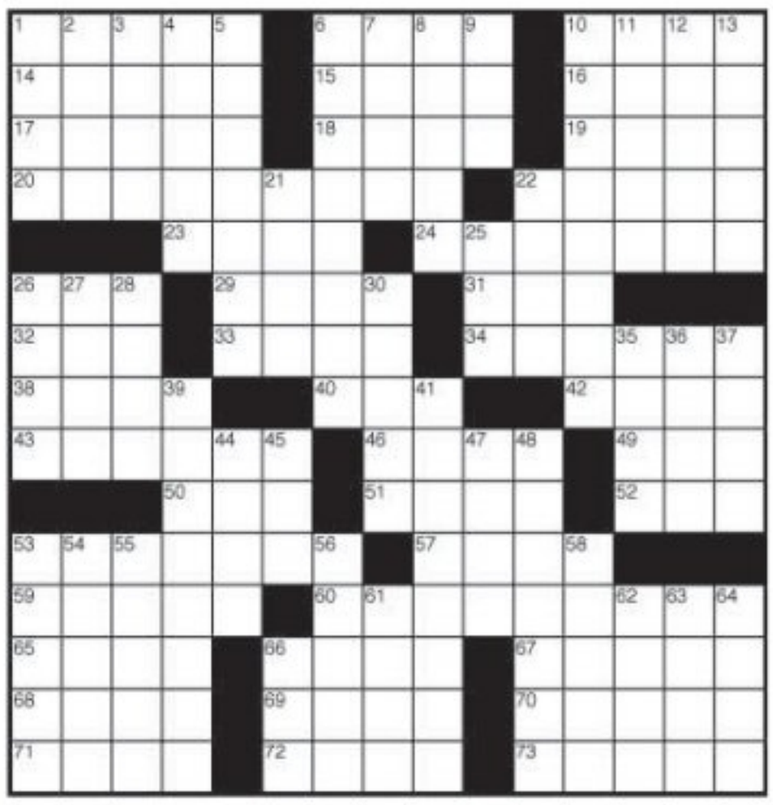
Crossword

Across

1 Safari boss
6 Wingding
10 Game officials
14 Flowery scent
15 Are, in Taxco
16 Orchid-loving Wolfe
17 Up and about
18 Slippery — — eel
19 Cornfield robber
20 Made to last (hyph.)
22 Actor Kevin —
23 KWh bill
24 Hurried off
26 Apple seed
29 What hulks pump
31 Cousins of "um"
32 Tend the garden
33 Rock's Motley —
34 Laundry-room item
38 Water pitcher
40 Gusto
42 Valley
43 Greets the day
46 Claims
49 Sugarcane product
50 Decent grade
51 Hoax
52 "NOVA" network
53 Fez's place
57 Mr. Kristofferson
59 Bygone airline
60 Snail or slug
65 Strong connection
66 Fridge stick
67 Rascal
68 He wrote "Picnic"
69 Inca Empire, once
70 Maneuvered slowly
71 Knowing look
72 Slow gait
73 Monotonous hum

Down

1 Lacking punch
2 Judicious
3 Utah ski resort
4 Overly trusting
5 Kind of paint
6 "Merci —, monsieur!"
7 D.A. backup
8 Corset
9 Leia's rescuer
10 Not settled, as a contract
11 Promotion basis
12 Having a tendency
13 Seeded
21 Earl — Biggers
22 Germany's Helmut —
25 Chicago pro
26 Sigh of relief
27 The Hawkeyes
28 Quick look
30 Has occasion for
35 Org. for seniors
36 — steak
37 Skirt bottoms
39 Flute relative
41 Selects (2 wds.)
44 Guitar part
45 Dry, as champagne
47 SF transit system
48 Looked smug
53 It merged with Exxon
54 UV blocker
55 Cowboy's beat
56 One who stares
58 Submarine guider
61 "Space" lead-in
62 El —, Texas
63 Type of mitt
64 "– Dinah" (Avalon tune)
66 Make a decision



Yesterday's answer

M	I	N	T		A	G	O	R	A		R	S	V	P
A	L	A	I		D	O	R	I	S		E	P	E	E
D	E	E	P		D	O	G	B	I	S	C	U	I	T
			T	E	E	N	S		N	E	E	D	L	E
	F	I	O	R	D	S		L	I	E	D			
B	U	R	E	A	U		B	E	N		E	G	A	D
O	T	O	S		P	E	E	V	E		D	I	V	A
N	I	B			W	E	E				L	I	I	
G	L	O	P		C	O	T	E	S		O	D	D	S
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K	I	L	O		T	E	N	S	E		O	R	C	A
A	T	O	M		S	T	E	E	R		N	E	O	N

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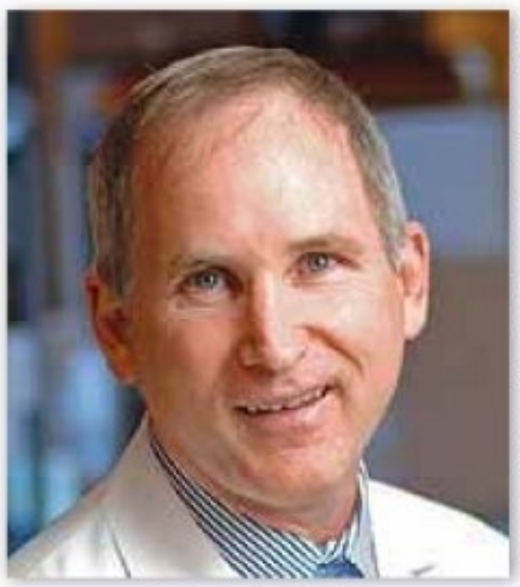
‘No excuses’ for skipping a colonoscopy to screen for colorectal cancer

Dana-Farber expert says patients were never sorry they got the test

According to the American Cancer Society, there will be 142,820 new cases of colorectal cancer diagnosed in the United States this year, with more than 50,000 people expected to die of the disease.



Charles Fuchs, MD, MPH, director of the gastrointestinal cancer center at Dana-Farber Cancer Institute

Charles Fuchs, MD, MPH, director of the Center for Gastrointestinal Oncology at Dana-Farber Cancer Institute, said colorectal cancer can be detected early thanks to one simple screening test, a colonoscopy.

“Colonoscopy is an extraordinary screening tool. It’s very safe and painless. Patients are given a mild sedative and the actual test takes about 10 minutes,” said Fuchs. “Also, the great thing about colonoscopy compared to other screening techniques is that if you find a polyp, which is a pre-cancerous growth, not cancer, but pre-cancerous, they remove it. So if your doctor finds a polyp, the doctor takes care of it. It’s done. It’s gone.”

According to the National Cancer Institute, the age when a person should have their first colonoscopy varies according to their level of risk for developing colon cancer. An individual with an average risk should begin colonoscopy screening at age 50, but someone who has a family history of the disease, namely a parent or sibling who has had colon cancer, likely should be screened earlier than age 50.

“If you have a family history of colon cancer, typically, the screening recommendation is between ages 35 and 40. If a family member was diagnosed at an even younger age, then you should speak with your physician about whether you should be screened even before age 35 to 40,” said Fuchs.

Experts recommend that a person with an average risk should have a follow-up colonoscopy every ten years. Studies show the protection of having a normal colonoscopy does last a decade. However, if a colonoscopy finds polyps, it may be necessary to have more frequent colonoscopy exams.

For many people, a big reason they don’t get a colonoscopy is because of the preparation for the procedure. Fuchs said the preparation drink or “prep” people need to take the night before a colonoscopy to help clear the bowels is not tasty, but it’s palatable. And he added that the dislike of drinking the prep is not a good excuse to skip this potentially life-saving procedure.

“Nobody says to me that they were sorry they had the test,” said Fuchs. “I’m a medical oncologist. I treat people who have been diagnosed with colon cancer, so I certainly hear the alternative. People who come to see me with the diagnosis of colon cancer say, ‘I wish I had the test.’ You don’t want to be one of those people.”

For more information about colorectal cancer, visit www.dana-farber.org.

Dana-Farber Cancer Institute (www.dana-farber.org) is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

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June 2013	Site
Tuesday 4	Manet Community Health Center – Snug Harbor
Wednesday 5	Joseph Smith Community Health Center –Allston
Thursday 6	The Dimock Center
Tuesday 11	Bowdoin Street Health Center
Wednesday 12	South End Community Health Center
Tuesday 18	Whittier Street Health Center
Wednesday 19	Harvard Street Neighborhood Health Center
Thursday 20	Southern Jamaica Plain Health Center
Tuesday 25	Bowdoin Street Health Center
Wednesday 26	Joseph Smith Community Health Center- Waltham

July 2013	Site
Wednesday 10	Joseph Smith Community Health Center - Allston
Thursday 11	Harvard Street Neighborhood Health Center
Tuesday 16	Bowdoin Street Health Center
Thursday 18	Whittier Street Health Center
Tuesday 23	South End Community Health Center
Wednesday 24	Joseph Smith Community Health Center – Waltham
Thursday 25	The Dimock Center
Tuesday 30	Bowdoin Street Health Center
Wednesday 31	Longwood Medical Area – Boston Children’s Hospital

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IT'S COOL TO EAT FRESH FRUITS AND VEGGIES WHEN IT'S HOT

Fresh fruits and vegetables are easy to find as the weather gets warmer. You can buy lots of different locally grown kinds at area farmers' markets or fruit and vegetable stands. You can also find a large variety of fresh fruits and vegetables in the produce section of your grocery store year round.

By eating a mixture of brightly-colored fresh fruits and vegetables, you and your family will:

- Stay cool when it gets hot, since fruits and vegetables contain a lot of water
- Get lots of the vitamins and minerals that your body needs to stay healthy
- Have more energy from replacing sugary or processed food with fresh foods

And, when you shop at local farmers' markets and fruit and vegetable stands, you'll also:

- Help your community by supporting local farmers/growers
- Create family togetherness when you shop together and discover new healthy food options
- Give your children the chance to learn more about the many kinds of fruits and vegetables that are available

By shopping at a local farmers' market or fruit and vegetable stand, you should also enjoy healthier fresh food since your produce will not have traveled as far or been handled as much as food shipped from a great distance. Plus, often local farms participating in farmers' markets will offer non-produce items such as home-made cheese, jam, and breads, and some will offer free samples for you to try. You can also often find local flowers and plants to buy to brighten your summer lunch or dinner table.

Many Farmers' Markets Accept EBT Cards (SNAP)

While you might think it costs more, sometimes fresh local food can be less expensive because farmers don't have to pay to ship food over long distances like some grocery stores do. And some Massachusetts farmers' markets accept EBT cards from those who qualify for the Supplemental Nutrition Assistance Program (SNAP). Visit www.massfarmersmarkets.org to learn more.

Our online Wellness Center in the Living Healthy section makes it easy for you to search for farmers' markets throughout Massachusetts. Visit us at ChooseBMCHP.com to find a farmers' market near you.

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Living better by managing your diabetes

Living with type 2 diabetes can be challenging, but the disease does not have to run your life. Albert Whitaker, the Director of Mission Delivery at the American Diabetes Association, talked to Neighborhood Health Plan about how to better manage your diabetes.

What are helpful tips to best manage diabetes?

As someone living with type 2 diabetes, I know firsthand how difficult it can be to eat right, get exercise, and stay up-to-date with your medication. But small changes can have a big impact on your health:

- By staying active, it is easier to keep your blood sugar levels down. You don't need to run a marathon, but if you do something active every day, you will see a big change in your health.
- Staying up-to-date with your medication is very important and will keep your diabetes in-check.
- While there may be some foods you can't resist, you can make healthier choices by minimizing your portion sizes. When eating starches or carbohydrates, try to keep your portion to the size of your fist.

Why is being active such an important part of managing diabetes?

Staying active will help keep your blood sugar levels down. Take advantage of the warm weather by going outside, taking a walk, or playing a game with your family. Every little bit of exercise can help: instead of parking next to the entry of a supermarket or shopping mall, park 10 spaces away, and then walk those 10 spaces. If you are living with diabetes and wheelchair-bound, try to get your upper-body moving. From gardening to dancing, you'd be surprised how many fun activities count as exercise!

What types of medication are used to treat people with diabetes?

Diabetes is a progressive disease, meaning that over time, you may need to work with your healthcare provider to change how you manage your diabetes. When many people are first diagnosed, they can keep their blood sugar at a healthy level using oral medications. Over time, this may not be enough and your provider may recommend insulin to get blood sugar levels to a healthy level. There is no one treatment for diabetes – it will depend on your body's specific needs.

It's very important to stick to the medication plan that your healthcare provider recommends and to take your medications as directed. If you don't, your blood sugar will vary, which could cause major health issues such as kidney disease, blindness and heart disease. Take an active role in your health and don't be afraid to bring up any issues or concerns with your doctor. It will help you be more informed and ensure that your doctor provides better care for you.

What kinds of food should a person living with diabetes eat?

People living with diabetes should eat lots of fruits and vegetables, lean meats or fish, and whole grain foods. It's important to watch your portion sizes when eating.

The American Diabetes Association recommends that quarter of your plate be starch or carbohydrates, another quarter be lean protein, and the other half be a non-starchy vegetable, like broccoli or spinach.

Sometimes it's hard to resist certain foods that aren't the healthiest. Remember to watch what you eat and keep your portions small. Keep in mind that people living with diabetes need to keep their blood sugar levels in the normal range.

Are certain groups of people at a higher risk of developing diabetes? If so, how often should they be screened?

If you have a family history of diabetes, are overweight or obese you may be at higher risk of developing type 2 diabetes. African Americans, Asians, Hispanics, and Native Americans also have a higher risk. If you think you're at risk, be proactive about your health and ask your doctor to perform blood tests for diabetes to check if your blood sugar is high. The hemoglobin A1C, or "A1C" for short, is another simple blood test that shows your average blood sugar over the last two to three months. These tests will show if you have diabetes or if you're at risk for diabetes, and your doctor can use this information to develop a care plan.

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3 SPORTS

Online

Trending at Metro.us

1 Bruins-Rangers Game 3 highlights

2 Playing the Field: Canadian singer butchers "The Star-Spangled Banner"

3 Red Sox-White Sox game highlights

B's making it look easy

NHL playoffs.
The Bruins took a commanding 3-0 series lead last night with a 2-1 victory over lifeless New York.

For two periods, Henrik Lundqvist stood on his head and it looked like the Rangers might win 1-0 to climb back in the Eastern Conference semifinals.

However, Boston found a way to beat him twice in the third period as Johnny Boychuk and Daniel Paille each found the net as the Bruins edged the Rangers, 2-1, last night in Game 3 at Madison Square Garden. The B's have a chance to close it out and reach the Eastern Conference finals tomorrow (7 p.m., CNBC) back at MSG.

Tuukka Rask (23 saves) wasn't nearly as busy as Lundqvist (32 saves) but he did make a key stop late in regulation on Rick Nash to preserve the Boston victory.

Offensively, Boston had four great chances in the first period as Chris Kelly and Tyler Seguin, who both haven't scored this postseason, were stopped on breakaways. Jaromir Jagr and Patrice Bergeron also had close-range shots stuffed by Lundqvist.

New York scored its lone goal against the run of play at 3:53 in the second as Taylor Pyatt tipped in Ryan McDonagh's shot from the point.

Boychuk tied it at 3:10 in the third with his fourth goal of the postseason and second in as many games. Boston's fourth line was credited with the game-winner as Paille banged in a loose puck with 3:31 left in regulation after a crazy bounce went behind Lundqvist but not in the net.

RICH SLATE
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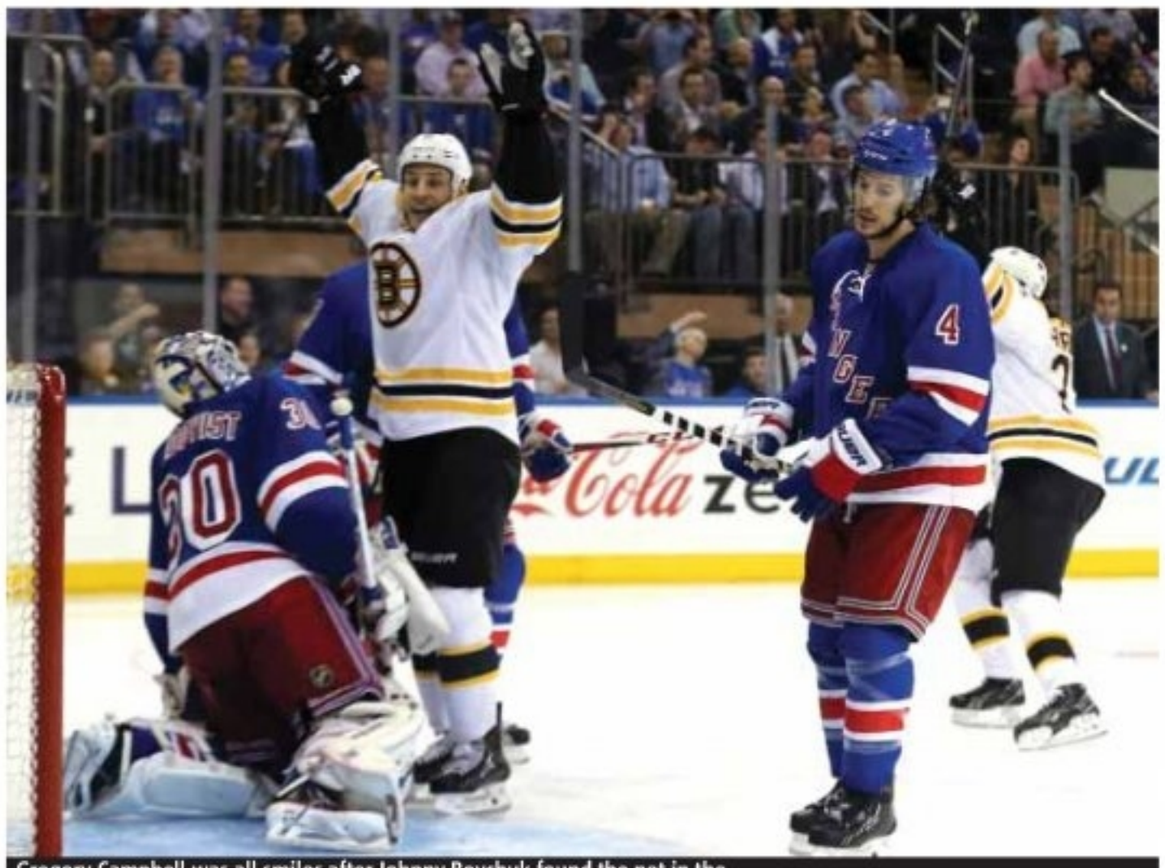

Gregory Campbell was all smiles after Johnny Boychuk found the net in the third period for the Bruins. / BRUCE BENNETT, GETTY IMAGES

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MLB power rankings | by Ryan Hannable

No. 1

Rangers (29-16)

Winners of nine of their last 11 before their loss Monday, and in complete control of the AL West, the Rangers find themselves the best team in all of baseball. The Rangers' bats have been hot to open the year as they are tied for the most home runs (58) and are second in average (.274).

No. 2

Cardinals (28-16)

Pitching has been the key for the Cards and their tremendous start. At the start of the week, St. Louis led all of baseball with a 3.18 ERA and its staff had seven shutouts.

No. 3

Yankees (28-16)

Few predicted the start the Yanks would get off to considering all the injuries. Neither the offense or pitching stands out so far, but the Ws just keep coming.

No. 4

Red Sox (27-18)

The Red Sox were on another hot streak as of early this week. A six-game homestand starts Thursday, beginning with the surging Indians led by Terry Francona.

No. 5

Indians (26-17)

After Monday's win the Indians had won five in a row and were in first place in the AL Central. Home runs have been the story as their 57 rank third in MLB.

No. 6

Braves (26-18)

Despite playing 27 of their first 46 games on the road, the Braves find themselves in first place in the NL East. Pitching has been key for Atlanta as it owns the sixth best ERA (3.43) in all of baseball. That has made up for a struggling offense that sports a .242 team average, which is well below the MLB median. The Braves begin another six-game road trip starting Friday.

No. 7

Reds (27-18)

Solid hitting and pitching has guided the Reds to an impressive start to begin the 2013 season. The team is fourth in the league in ERA (3.37) and eighth in runs scored per game (4.77), as of Monday. Brandon Phillips has seven homers and 38 RBIs on the season. Cincy will welcome the Cubs and Indians to town beginning this weekend for a five-game homestand.

Best of the rest

Who else cracked the Top 10?

- **The Detroit Tigers (23-19)** led the league in runs scored per game at the start of the week at 5.29 per game.
- **The Arizona Diamondbacks (26-19)** have opened the year strong and sit in first place in the NL West.
- **The Baltimore Orioles (23-21)** are in the midst of a tough 10-game stretch against AL East opponents.

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We are conducting a clinical research study of an investigational drug. If you meet the following criteria, you may be interested in participating in this clinical trial.

- you are between the ages of 18 and 70
- your IBS symptoms are predominantly diarrhea related
- you have had frequent abdominal pain associated diarrhea for at least 6 months

Participants will receive study drug and exams at no cost. Reimbursement for time and travel may be available.

Beacon Clinical Research, LLC
info@beaconclinical.com

Phone: (774) 462 6602

Frequent Migraine Headaches?

You may qualify for a study with an investigational preventive migraine medication.

Requirements:

- 18 to 55 years of age
- Body mass index (BMI) less than 39
- Frequent but not daily migraine headaches
- Willing to keep a daily headache diary

Study involves 7 office visits and 3 phone calls. Compensation is provided for time and travel.

We are located at 72 Mount Auburn Street in Watertown and are easily accessible by public transportation (Bus 71 from Harvard Square).

For more information, please call

MedVadis Research at 617-744-1310

Have you been diagnosed with

Parkinson's Disease?

If you are over the age of 40, with no alcohol or drug dependence, you might be eligible to participate in this research study.

This study examines a method of non-invasive brain stimulation called Transcranial Direct Current Stimulation (tDCS) combined with Transcranial Ultrasound (TUS) and their effect on the symptoms of Parkinson's Disease.

Study visits will be conducted at Spaulding Rehabilitation Hospital in Boston, MA, and will require 17 visits (1.5 – 2 hours each) over an 11-week period.

Compensation is $25 per visit

For more information, please contact the Laboratory of Neuromodulation by phone at **617.573.2196** or by email at **recruitment@neuromodulationlab.org**.

Medical Research DIRECTORY

To place an ad call Yasmin Nasrullah at 617-338-7861 or email yasmin.nasrullah@metro.us or Michael Doane at 617-338-6731 or email michael.doane@metro.us

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ARE YOU BINGE EATING?

Is your eating out of control?

Do you feel disgusted or guilty after overeating?

If so, you may have binge eating disorder. Binge eating is the most common eating disorder and has the potential to impact the health of those diagnosed with the disorder. Doctors in your area are currently recruiting people to participate in a research study evaluating an investigational medication for binge eating disorder.

To be eligible to participate, you must be between the ages of 18 and 55.

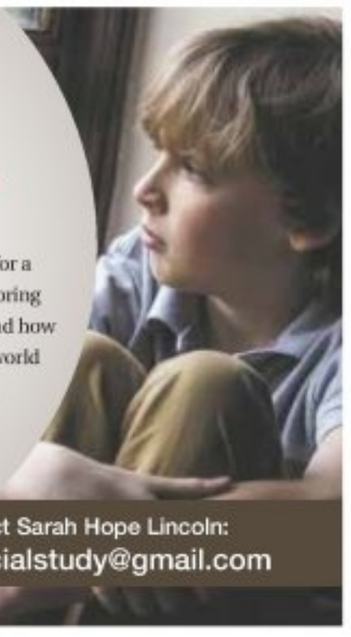
Study-related care and medication will be provided at no cost to eligible participants and you may be compensated for time and travel.

Health insurance or a doctor's referral is not needed.

Adams Clinical Trials, Dr. Rutrick
www.BingeEatingStudies.com

Call a study nurse at:
1-877-575-1855
V1.0

Has your child been isolating from others, hearing/seeing strange things, or feeling like others can read his/her mind?



If so, your 8 – 13 year old child may qualify for a **study at Harvard University** exploring how the brain processes social situations and how this relates to children's experiences of the world around them and their social relationships.

Compensation is up to $120 for qualified participants.

For more info. please contact Sarah Hope Lincoln:
(617) 335-5604 • childsocialstudy@gmail.com

www.metro.us

Forsyth

The Forsyth Institute

245 First Street, Kendall Square, Cambridge, MA 02142

MOUTHWASH

Individuals 18-65 years old are asked to join a mouthwash study

- The test mouthwash is a new product to improve gums and to reduce bad breath
- Qualified people will be asked to rinse twice a day with a mouthwash at home and come to the clinic for dental exams
- 3 study visits over 6 weeks
- Routine dental and gum exams and $250 compensation at the end of the study

DO YOUR GUMS BLEED?
DO YOU THINK YOU HAVE GUM DISEASE?

Our 12-month long study requires a screening appointment to see if you qualify.

- Over 18 years old, with bleeding gums
- Gum disease

If you qualify:

- Your gum treatment will be provided to you at no charge.

Additional compensation - you will also receive up to $300 upon completion of the study.

PROBIOTIC

Individuals 18-65 years old are asked to join a Probiotic study on gum health

- The tested Probiotic is already a marketed product to improve gums
- Qualified people will use probiotic lozenges daily and come to the clinic for dental exams
- 6 study visits over 6 months
- Routine dental and gum exams and $350 compensation at the end of the study

If you are interested please call or email for more information:
617-892-8600 | clinicaltrialsinfo@forsyth.org

CAN'T STOMACH YOUR IRRITABLE BOWEL SYNDROME AND CONSTIPATION?

Local Doctors are seeking people for a clinical research study. If you qualify and complete the study you could receive up to $600.00

Bay state clinical trials
Call 617-923-0328

Joslin Diabetes Center

Do you have kidney problems related to Type 1 Diabetes?

You may be able to participate in a research study if you:

- Have been diagnosed with type 1 diabetes before age 35
- Are between the ages of 18-60
- Have had diabetes for more than 5 years
- Have been told by a physician to have kidney problems related to diabetes (e.g., increased proteins or albumin in the urine)

Study involves:

- Taking study medication
- 15 Visits at the Joslin over 2 years
- Blood and urine tests
- Kidney function tests
- Physical Exams
- ECG

Monetary compensation and free parking provided

For more information

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